

ABSTRACT

A wooden composite "I" Beam 10 comprising upper and lower plywood flanges 11,12 interconnected by a web 13 comprising a pair of widely spaced apart planar side walls 25 26 formed from wood or wood derivative material. The cavity formed within the web 13 is filled with a core of cellular material 17 corrugated cardboard or paper which is adhered to the side walls and flanges using adhesive resin.